

# Oncological disease of the colon and rectum

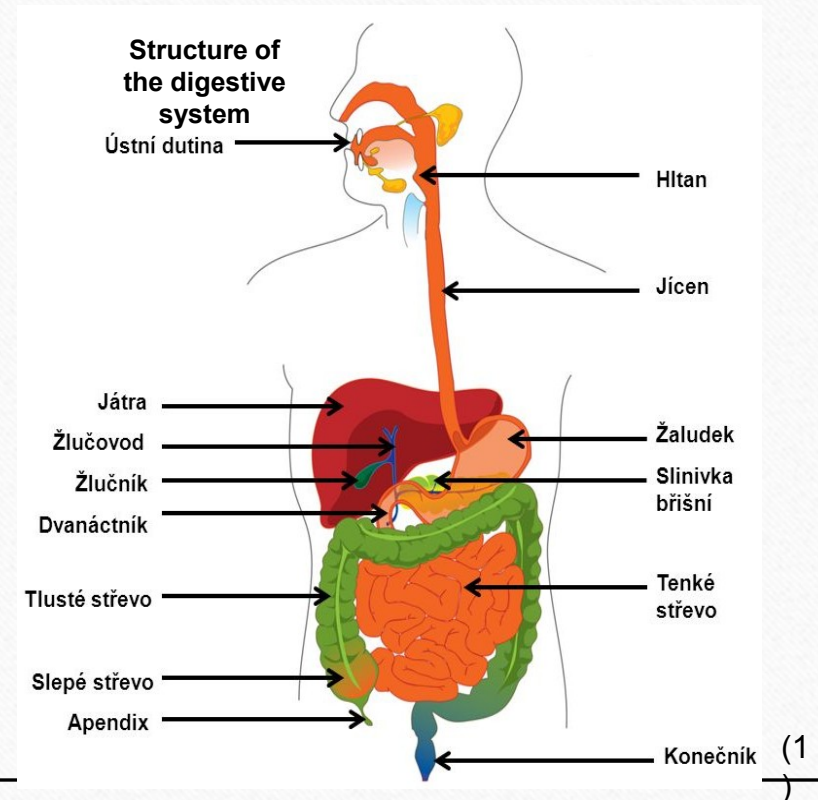
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## Teaching lesson 3

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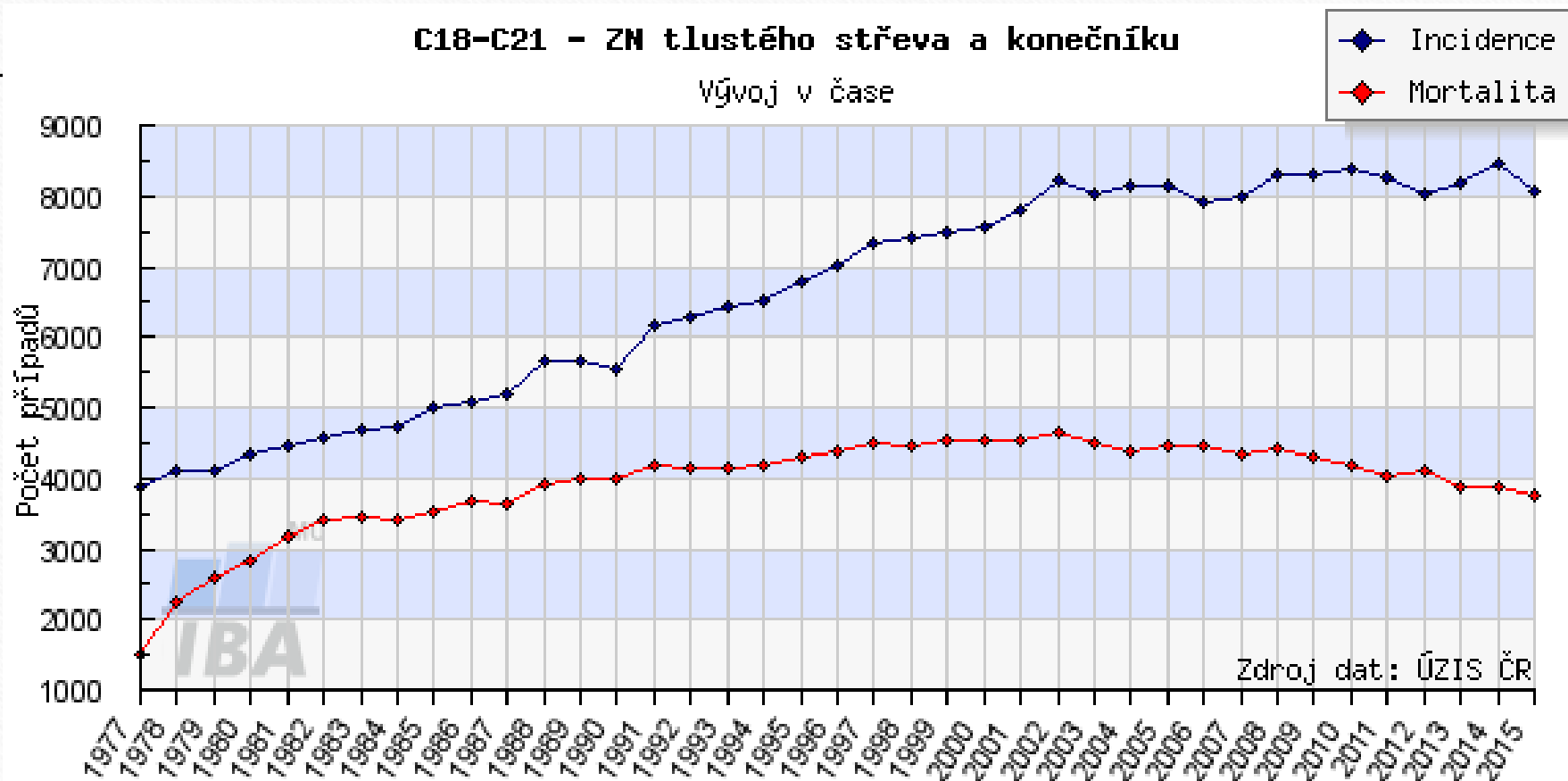
# Oncological disease of the colon and rectum

- The word *colon* comes from Latin
- Functions of the colon
  - Absorption of water and mineral substances
  - Thickening of the intestinal content
  - Excretion of indigestible residues
- Joint identification of colorectal carcinoma



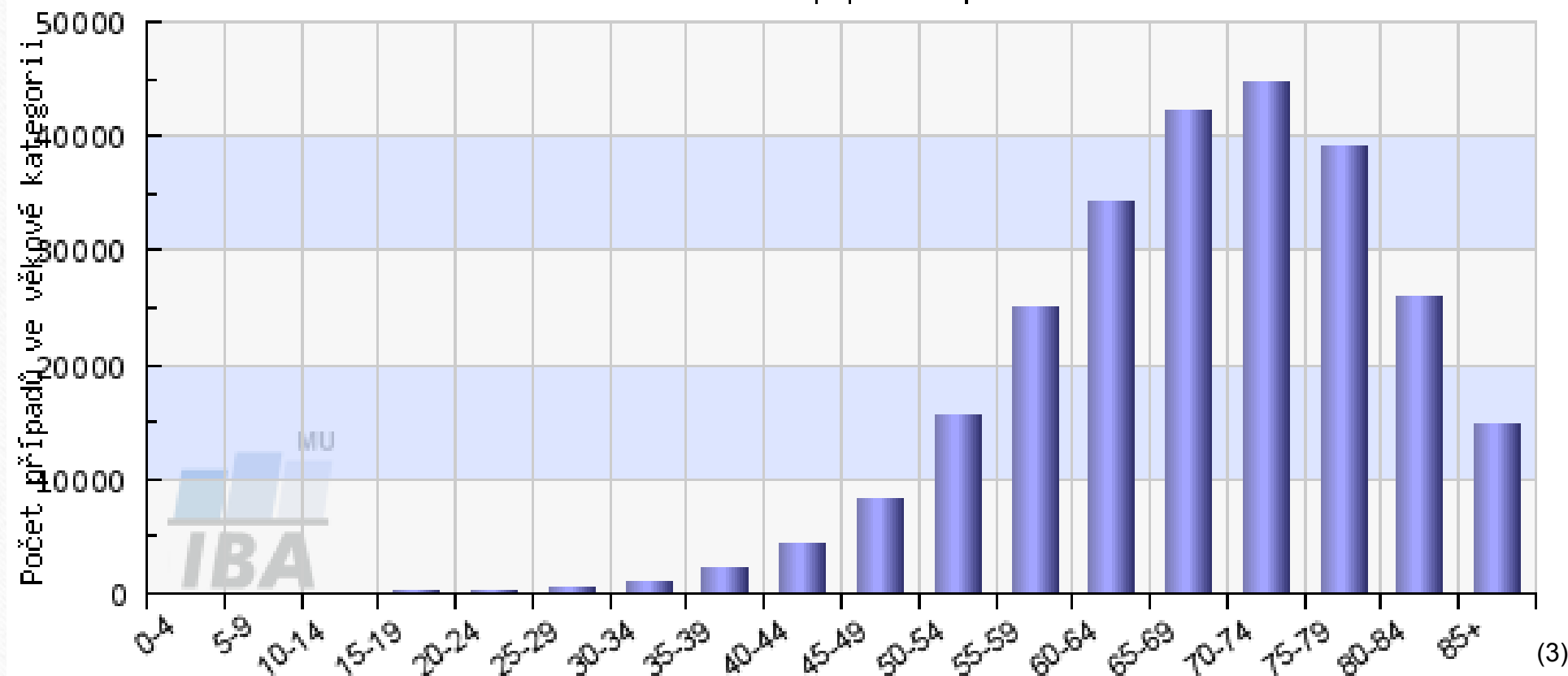
# Occurrence of colorectal cancer

Colon cancer is the third most frequent neoplastic disease!



## C18-C21 - ZN tlustého střeva a konečníku - Incidence

věková struktura populace pacientů



# Risk factors and symptoms

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In case of any doubt or symptoms  
a physician must be consulted!

## Risk factors

- Age (age group over 50 years)
- Hereditary predispositions
- Intestinal polyps
- Chronic inflammatory diseases
- Inadequate food structure
- Decreased physical activity
- Excessive intake of alcohol
- Smoking

## Symptom

- Long-term change in intestinal activity
- Bleeding from the rectum or blood in the stool
- Diarrhoea, constipation, feeling of insufficient emptying
- Abdominal discomfort – feeling of fullness, flatulence, abdominal pain
- Unintentional weight loss
- Nausea, lack of appetite, fatigue, weakness

# Primary and secondary prevention

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## Primary prevention

- Limited intake of energy-rich food
- Limited food preparation at high temperatures
- Sufficient intake of fibre, fruit and vegetables
- Increased physical activity
- Lower consumption of alcohol, non-smoking

## Secondary prevention

- Colorectal cancer screening
  - **FOBT (faecal occult blood test)**
    - 50–54 years, once a year
    - Over 55 years, once every 2 years
    - [Video](#)
  - **Colonoscopy**
    - Over 55 years, once every 10 years
    - [Video](#)

# References

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## Figures:

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- (2), (3): *Novotvary 2015 ČR* [online]. Praha: Ústav zdravotnických informací a statistik ČR, 2015. [cit. 30/04/2018]. Retrieved from: <http://www.uzis.cz/publikace/novotvary-2015>